



Harry L. Coomes Recreation Center

300 Stanley Street

Abingdon, Virginia

"We are a full service recreation facility including a full gymnasium, indoor 25y pool, outdoor 50m pool, meeting rooms, concession and catering facilities, multiple exercise and fitness areas with other amenities on the grounds."

Green Statement: "With the establishment of our Go Green Initiative we have sought better green alternatives to improve the quality of our facility and developed better techniques to use our natural and manmade resources to lessen our impact on the environment."

CORE ACTIVITIES for Green Attractions

☒ **Recycling.** Virginia Green facilities must have highly-visible locations/containers that provide the opportunity for guests to recycle aluminum cans, plastic and glass bottles, or other disposable products purchased at the facility. Recycling of cardboard, plastic, paper, and composting of waste foods is highly encouraged as well. This facility pledges that they:

- Offer the opportunity for guests to recycle: plastic bottles, aluminum cans, paper and cardboard
- Also recycle: newspaper, office paper, toner cartridges, cardboard, fluorescent lamps, batteries, electronic equipment, all household hazardous wastes, vehicle fluids are taken to the appropriate recycling center

☒ **Minimize the use of disposable food service products.** The facility is required to minimize the use of disposable food service products and maximize the use of food service products that are recyclable or compostable in the food service area. When disposable food service items are used, the facility is encouraged to use products that are made from bio-based or renewable resources, and to provide for the collection / recycling/ composting of food service items disposed of on the premises. This facility pledges that they:

- Use disposable foodservice items that are made from bio-based, renewable materials (corn, bamboo, potato starch, sugarcane, etc.)
- Use disposable foodservice items that are made with recycled content
- Use disposable foodservice items that are recyclable (in your area!)

☒ **Reduce solid waste.** The facility must be actively working to reduce its solid waste generation. This facility pledges that they:

Kitchen (or during meetings/events)

- Donate excess food from events
- Compost food waste and other compostables
- Have an effective food inventory control system to minimize waste

Dining room (or during meetings/events)

- Use non-bleached napkins and coffee filters
- Provide condiments, cream and sugar, etc. in bulk
- Use water pitchers to minimize the use of single-use bottles

Restrooms

- Use bulk soap dispensers in public restrooms
- Purchase recycled-content paper-towels and toilet paper

Office

- Remove facility and staff names from junk mail lists when possible
- Reuse scrap paper for notes
- Reuse or donate shipping and packing supplies (peanuts, bubble wrap, etc.)
- Use refillable pens and toner cartridges
- Purchase recycled paper with a high-percentage recycled content
- Make double-sided photocopies and avoid making extra photocopies
- Use electronic correspondence and forms when possible

Buildings and grounds

- Use green cleaning products that are dispensed in bulk
- Use latex low or no-VOC paints
- Re-use paint thinners
- Properly recycle and/or dispose of thinners and solvents (required by law)
- Perform preventative maintenance on all appliances, HVAC systems, plumbing, and vehicles
- Use integrated pest management (IPM)
- Minimize use of pesticides and herbicides in landscaping

☒ **Use water efficiently.** The facility must have a plan in place and have taken steps toward reducing its water use. This facility pledges that they:

- Track overall water usage and wastewater costs

Activities indoors

- Perform preventative maintenance to stop drips and leaks
- Use water-flow metering to discover leaks and areas of high use
- Have installed:
 - High efficiency dishwashers
 - Low flow faucets and showerheads (use less than 2.5 gallons per minute)
 - Low flow toilets (use 1.6 gallons per flush or less)
 - Automatic faucets or toilets in public restrooms
- Use microfiber technology mops

Activities outdoors

- Have landscaping that utilizes native species
- Have installed rain gardens to manage storm water
- Have minimized impervious areas (paving, concrete, etc.)
- Have installed pervious pavement to reduce storm water runoff
- Have installed cisterns
- Have installed rain barrels
- Have installed drip line irrigation
- Maintain vegetative buffers around streams and ponds

☒ **Conserve energy.** The facility must have a plan in place and have taken steps toward reducing its energy use. This facility pledges that they:

- Track overall energy bills
- Have had an energy audit to identify efficiency opportunities within the past 12 months
- Have established a numeric goal to reduce energy usage over time
- Calculate the environmental impacts of the facility's energy usage by using a pollution calculator

Heating and cooling

- Have individual thermostats for each room; ensure they are correctly adjusted
- Have installed ceiling fans
- Have installed ENERGY STAR-rated windows and doors
- Regularly perform preventative maintenance on HVAC system
- Have installed a high efficiency HVAC system
- Keep office doors and windows closed if HVAC system is on

Lighting

- Use natural lighting
- Use lighting sensors to turn on/off lights
- Use occupancy sensors to turn on/off lights
- Have adopted a policy/practice to turn off lights in unoccupied rooms
- Have installed high efficiency fluorescent ballasts and lamps (T-5 and T-8)
- Have installed compact fluorescent light bulbs in all rooms and canned lighting
- Have installed LED Exit Signs
- Have installed directional (downward-facing) lighting in parking areas and other outdoor areas
- Have adopted a policy/practice to minimize the use of lighting during night cleaning

Appliances and electronic devices

- Use ENERGY STAR qualified appliances (commercial kitchens, heating and cooling, consumer electronics)
- Use ENERGY STAR qualified office equipment (computers, monitors, copiers, printers, etc.)
- Have adopted a policy/practice to turn off fans, computers, monitors and other devices in unoccupied rooms at the end of the workday or when otherwise not being used

Building construction and renovation

- Are working to or have achieved LEED-EB (existing building) certification through operational changes and renovations
- Will begin performance contracting plan for energy, solar, and water efficiency upgrades in January 2012.

☒ **Other Sustainability Actions.**

- We have installed new rain barrels at our flower beds. We have compost bins on the Coomes Center property. We have installed Blue Bird house strategically around our outdoor walking trail. We make efforts to purchase locally grown produce from our retail stores and farmers market. We have kiosks in place in our lobby that contains flyers and brochures of our community and local efforts to promote sustainability and Green Initiatives.

For more information on Harry L. Coomes Recreation Center, see www.abingdon-va.gov or contact Kevin Worley at kworley@abingdon-va.gov or 276-623-5279.

Virginia Green is the Commonwealth of Virginia's campaign to promote environmentally-friendly practices in all aspects of Virginia's tourism industry. **Virginia Green Attractions** have been thoughtfully planned and designed to minimize their impacts on the environment. This attraction has met the established "core activities" for **Green Attractions** and has committed to communicate its activities to its guests.

For more information on **Virginia Green** program, see www.deq.virginia.gov/p2/virginiagreen or www.virginiagreentravel.org.



Virginia Green is supported through a partnership between the Virginia Department of Environmental Quality, the Virginia Hospitality & Travel Association, and the Virginia Tourism Corporation.

